

Of Interest to Every Woman

Edited by Martha Westover

PARIS SMILES OVER EPSOM SALTS BATH

[Special Correspondence of The Times-Dispatch.]

Paris, April 3.—In spite of protestations to the contrary, the cult of beauty has ever been one to which women are endlessly devoted. Paris "ran out" (I think you say) of Epsom salts (I think you say) and the reason for this was a story that got into a paper to the effect that Mary Garden, the beautiful American opera star, had reduced her figure from overfatness to its present ideal form by bathing in hot water and Epsom salts.

Then the run on the drug stores began. Fat ladies after fat ladies amazed the clerks by buying Epsom salts in as large quantities as they could, often making several trips in order to get enough. Soon druggists were telephoning each other or wholesale houses for replenishment of stock, and the answer that almost invariably came from the neighboring shop was: "Sorry, Monsieur, but we are having a great demand, a regular run on Epsom salts to-day; we can spare not a bit of it."

One observing pharmacist clerk noted that all the purchasers of these salts at his place were fat. Again the telephone wires were busy—the word flew around, and then followed the question: "Why are all the fat ladies of Paris buying Epsom salts?" Then came the answer. "Oh, this business was too good to lose—some enterprising chemists would get her in Epsom salts, and the fat ladies would be independently rich. When the person who could speak authoritatively was found, the indiscretion was something like this: 'Miss Garden cannot give any opinion regarding Epsom salts, but she has been taking them.'"

The fat ladies of Paris are unrepentant physically, although there has been a little lightening financially. One's idea of a thing gives it its virtue or defect. There was brought before M. de Gallardo, an examining magistrate (about a week ago) a woman in the uniform of a quartermaster of the marines of the School d'Alambert, who was charged with the theft of a bicycle. M. de Gallardo inspected the uniform, and asked her to take it off. She refused, saying: "How could you so dishonor your uniform? I am not a sailor—the costume is part of my business."

"You are not a sailor at all? Then what is your business?" "It is a very good business, Monsieur le Juge," was the response. "My little business is the selling of opium. Oh, the opium is my own idea. I make it with chopped tobacco and absinthe mixed. Mals, to inspire desire, and brighten up a man, it is smuggled from China; so I dress as a marine. It is quite necessary I wear this uniform to have my business prosper."

He was, amid vigorous protests on his part, charged not only with the theft of a bicycle, but with the illegal wearing of a uniform, but a more serious charge is to be preferred later. And, while loudly attempting to explain that he was a perfectly moral person, he was arrested away between two municipal police to jail, where he will have time to acquire better ideas of things, perhaps.

BEAUTY AND HEALTH

Unless They Go Hand in Hand the Former Vanishes.

Now that every one knows something at least of the principles of hygiene, the connection between beauty and health is well understood; and the modern woman, though she quite appreciates the value of creams and powders and lotions, knows well enough that these things of themselves cannot produce a good complexion, but that beautiful skin, like a beautiful figure, depends largely on the state of health, above all on the digestion. The woman who suffers from indigestion cannot expect to be clear-skinned and bright-eyed, for to retain her youthful appearance she must eat warm, digestible meals regularly. One whose digestion is out of order should be eating and care generally get it back to normal and to regular meals. Too many make themselves invalids by persisting in inviolable food after it is unnecessary, robbing the stomach is a bad thing.

Fashions and Fads

The outworn coat still continues. Ration has almost become a staple fabric.

Flowers are used chiefly on picture hats. Low dancing frocks barely reach the ankle.

Face and net waists are being much worn. The novel dress is shaped like a miniature tunic.

Pointed wings, large and small, are in high favor. The domino veil is one of fashion's latest freaks.

The vogue for lacquered straws in millinery continues. Chambray suede gloves have been adopted far and near.

Taney cut hems continue to be seen in high favor. Steel shoe buckles are in small sizes and novel designs.

Brassieres are now being had with shirtings already sewn in. Tansies are reaching to within a few inches of the skirt edge.

Little boys five years old are now wearing Norfolk jackets. The new "committed" dresses are straight cut, with a high collar and a small waist.

Wash tatters in soft tints appear in summer lingerie. Little or no metal is seen nowadays on umbrellas handles.

White goods are constantly becoming cleaner and brighter. The allover designs should never be worn by a large woman.

Stripes are very much liked, especially the rather wide ones. The tendency in the country is to have the shoes match the gown.

The fancy blouse seems to be an inevitable feature in a fancy coat. It is said that there is a revival in Paris of the plumed capes and to have a tremendous vogue abroad.

A corduroy dress has a detachable tunic that may be worn as a cape. Green are seen in the new wash skirts. Elizabethan collars, finely wired, are among the most picturesque neck finishes.

QUARTET OF BANANA RECIPES HEREWITH

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All who appreciate bananas in cookery may like to try the following recipes: for banana porridge mix one tablespoonful of corn starch with a little cold milk, then pour over it one pint of boiling milk and stir in six mashed bananas. Pour into a lined custard cup, add sugar to taste and boil for five minutes, stirring all the time. Turn into porridge plates and serve very hot.

To make curried bananas soak one teaspoonful of fresh or desiccated coconut in the same measure of milk for one hour. Peel and cut into large cubes five fine bananas, fry these in butter, sprinkle with curry powder and remove on to a hot plate. Put the soaked coconut and any milk that has not been absorbed into the frying-pan, add a dash of cayenne pepper and anchovy sauce, a teaspoonful of meat sauce and mix well. Beat an egg, stir it into the sauce, lay the curried bananas in the pan and cook until they are thoroughly hot. The contents of the pan must not boil after the egg has been added. Serve with the usual curry accompaniments of boiled rice and chutney.

Banana and prune trifle may be made by filling a deep crystal bowl with alternate slices of bananas, stoned prunes and fresh sponge fingers. Add a deficiency of any approved wine favoring them fill the bowl with custard and pile whipped cream on top. The spaces left in the prunes after the removal of the stones may be filled with blanched almonds or chopped nuts.

Spinach and bananas sounds odd. To make it wash two pounds of spinach and cook for twenty minutes; then drain, season with pepper and salt, and pile in the center of an entire dish. Peel four bananas, divide them into quarters, dip each piece in beaten egg, then roll in fine bread crumbs flavored with coriander pepper. Fry in deep boiling fat and arrange the golden brown fritters round the spinach and serve.

To make banana and jelly trifle, warm a pint of lemon jelly and add to it with marshmallows or sherry. Peel six bananas and arrange them at the bottom of a glass dish, pour the lukewarm jelly over, and when set decorate with whipped cream and glace cherries.

MENU

Breakfast.

Steamed Dates Kidney Stew Oatmeal

Corn Muffins Luchean Coffee

Baked Tomatoes Macaroni and Cheese Rye Bread

Geneva Wafers Tea

Dinner.

Tomato Soup Creamed Potatoes

Butter Beans Spinach with Eggs

Cottage Pudding Coffee

Geneva Wafers.

Two eggs, three ounces of butter, three

ounces of flour, three ounces of powdered

sugar, well mixed, put into a bowl

beaten to a cream. Add the flour and sifted

sugar, and mix well. Bake in a

leaving a space between each. Bake in a

oven; watch the pieces of paste, and

when half done, turn them over like wafers

and put in a small wedge of bread to keep

them in shape. Return them to the oven

until they are browned. Serve with

bread, and a spoonful of preserve in the

center. This is a very pretty and ornamental dish

and easily made.

Ribbons.

They fascinate.

They're ubiquitous.

They're of every sort.

Wide ribbons are much used.

Girdles require the wide ribbons.

Ribbon ruchings are in highest

favor.

There's hardly a hat without ribbon

trimming.

Nearly all blouses show some touch

of ribbon.

Some blouses are made mostly of

handsome ribbon.

Underneath a light ribbon is still used

under the transparent blouse.

COLOR AND LINE

There is no sign of abatement in the

crave for colors in dress.

Vivid colors are being employed in the

newer blouse styles, and daring

contrasts are the order of the day. It

is common to find trimming of all

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Meeting of State Optical Association Will Have Important Matters to Discuss.

The Times-Dispatch Bureau, 5 Bollingbrook Street, (Phone 1485), Petersburg, Va., May 3.

Delegates from the A. P. Hill Camps of Confederate Veterans and Sons of Confederate Veterans, will leave tomorrow afternoon for Jacksonville, Fla., to attend the Confederate reunion. The delegations will consist of a score or more of veterans and half a dozen of sons. The trip to and from Jacksonville will be made in a special car over the Seaboard Air Line Railway, under the personal conduct of Agent L. R. Goulson, of the railway, a Confederate Son and delegate to the reunion. This fact guarantees every attention and courtesy will be shown the travelers. On the same train will be Miss Evelyn Beasley, of this city, a maid of honor at the reunion, accompanied by Mrs. J. J. Nelson and female members of families of the delegates.

State Optometrists.

The Virginia State Optical Association will meet in this city on May 15 and 16, holding its sessions at the Stratford Hotel. A program of interest has been arranged, including a banquet, at which several speakers of note will deliver addresses. A question of importance to be discussed is that of amending the laws to require all persons engaged in the use of drugs in prescribing glasses, to pass a rigid examination.

Petersburg Suffragists.

The women suffragists of Petersburg did not join on Saturday in the national day demonstration. The Petersburg branch of the Equal Suffrage League, organized some months ago, is said to have a hundred or more members enrolled, but it has not been very active in the work of the cause. It is understood to be the intention of the league to conduct a campaign in the early future, and renew its activities.

Meeting of City Committee.

Chairman Benjamin Harrison has called a meeting of the City Democratic Committee for Thursday night in the Chesterfield Hotel, for the purpose of completing arrangements for the municipal primary on May 14, for the nomination of candidates for Mayor and candidates for the Board of Aldermen and Common Council. One Alderman and two Councilmen are to be nominated in each ward. The committee will also consider the nomination of candidates for the Board of Aldermen and Common Council, and arrange all other necessary details.

The municipal campaign for the mayoralty nomination has been a very quiet one, but several of the wards where there is strong opposition for the appointment of Joseph W. Chinn, Jr. is regarded as a foregone conclusion that Mr. Chinn will be the next judge of this circuit. Mr. Chinn is one of the leading lawyers of this section of Virginia.

Grand Lodge of Odd Fellows.

All the Lodges of Odd Fellows in Petersburg will be represented at the State grand lodge, which is held at Lynchburg on May 12, as follows: Monroe Lodge, J. R. W. Smith; Appomattox Lodge, R. E. Burnett; Petersburg Lodge, L. A. Andrews; Gloucester Encampment, R. L. Spain. The two-day session will support R. E. Burnett for membership on the board of trustees of the Odd Fellows' Orphanage, and he will receive liberal support from other delegations.

General News Notes.

E. L. Trett, of Chicago, field secretary of the United States Chamber of Commerce, will address the Petersburg chamber on Thursday evening. Mr. and Mrs. E. H. Patterson, of this city, are visiting Mr. and Mrs. W. Gordon McCabe, in Charleston, S. C. Miss Agnes Reed, of Tampa, Fla., is the guest of Miss Lucy Melvin, Davis, at the Southern Female College.

A modern heating plant is to be installed in the Market Street Methodist Episcopal Church.

Powhatan and Appomattox Tribes of Red Men, this city, held a joint memorial service this morning at the Second Presbyterian Church, in honor of their dead. A member of each tribe has passed away since the service of last year. The memorial sermon today was preached by the Rev. J. A. McClure.

Church Will Burn Notes.

[Special to The Times-Dispatch.] Lynchburg, Va., May 3.—Park View Christian Church will hold a meeting on Saturday afternoon on the site of the new church, soon to be erected, at the corner of Market and Laurel streets. The congregation will select the contract for a new church home on Euclid Avenue.

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